Claims 1-16: Canceled

17. (currently amended) A method of making lugs for joints in a bicycle frame made of carbon fiber tubes,

the method comprising the steps of:

making a lay-up of at least carbon fibers and a matrix material around the joint,

applying a mold to the tubes and laid-up fibers and matrix material, and

curing the lug in the mold, the cure including expansion of an expandable element located between the mold and the tubes, the element's expansion serving to compact the lay-up.

18. (currently amended) The method set forth in claim 17 wherein:

the mold is ~~a captured~~lined with silicon ~~mold~~; and

in the step of curing the lug in the mold, the expandable element is the ~~captured~~ silicon.

19. (currently amended) The method set forth in claim 17 wherein:

the step of making the lay-up includes the step of including a layer of expand~~ing~~gable syntactic foam in the lay-up; and

in the step of curing the lug in the mold, the expandable element is the ~~expanding~~ expandable syntactic foam.

20. (original) The method set forth in claim 17 wherein:

the step of making a lay-up includes the steps of:

wrapping each tube in the joint with a first carbon fiber fabric that is impregnated with the matrix material, the ends of the fabric extending beyond the tube;

wrapping the ends of the carbon fiber fabric that is wrapped around a given tube around the tube the given tube joins to;

wrapping the entire joint in a second carbon fiber fabric whose fibers have an orientation different from that of the fibers in the first carbon fiber fabric.

21. (currently amended) The method set forth in claim 20 wherein:

the step of making a lay-up further includes the step of:

including a layer of expand~~ing~~able syntactic foam in the lay-up.

22. (currently amended) The method set forth in claim 21 wherein:

the step of including a layer of expand~~ing~~able syntactic foam is performed before the step of wrapping the entire joint in a second carbon fiber fabric.

23. (original) The method set forth in claim 20 wherein:

the step of wrapping the entire joint is done such that all seams in the second carbon fiber fabric are at the top and bottom of the tubes and the second carbon fiber fabric is overlapped at the seams.